



VILLAGE of CROTON-on-HUDSON - RECREATION

One Van Wyck Street
Croton-on-Hudson, NY 10520
271-3006

www.crotononhudson-ny.gov/recreation-parks
WINTER 2022 / ADULT PROGRAM



Rise & Shine Yoga

Join instructor Alexa for Rise and Shine Yoga.

Start your day with gentle stretches, breath work and simple yoga poses.
This a nurturing class designed for students of all levels.

GENTLE YOGA – Wednesdays

Act# 2094 Sec 3

New Dates: Wednesdays, beginning January 26 for 10 sessions ending on April 6

Time: 9:00AM -10:00 AM

Location: Municipal Building, Recreation Conference Room

Fee: \$150.00 Village residents / \$175.00 School dist/non-residents

Registration Deadline: January 5

Instructor: Alexa Wolkoff, RYT



WINTER 2022 * Rise and Shine Yoga * Act # 2094 Sec 3

Amount: \$150 Village Resident / \$175 School District / Non-Resident
(Checks Payable "Village of Croton")

Online Registration: www.crotononhudson-ny.gov/recreation-parks

Name: _____ Phone: _____

Address: _____

Email: _____

Emergency Name & Phone #: _____

I hereby recognizes that there are inherent risks involved with participation in this program, and agrees to release and hold harmless the Village of Croton-on-Hudson, their employees and volunteers, of any liability whatsoever in connection with any damages and/or injuries that the above named person may sustain as a result of participation. In the event of injury, I hereby give permission person, named above, to be transported to a hospital for treatment to include evaluation of the injury, x-rays, and needed medical care I agree to indemnify and hold harmless the Village of Croton on Hudson for any damages or injuries.

Signature: _____

Date: _____